

# Safety Tips

Office of Safety and Mission Assurance

June 2001

## Slips, Trips, and Falls

Slips, trips and falls are major causes of injury within NASA, especially in office environments. Common causes of office falls include:

- Bending or leaning over while seated in a rollaround chair,
- Slipping on wet floors,
- Tripping over open file drawers, electrical cords, boxes, and loose carpeting, and
- Stumbling on stair treads.



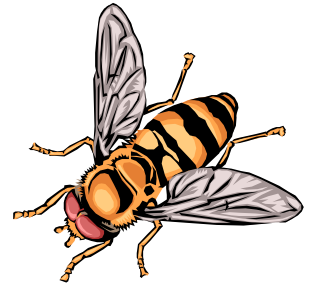
If you fall, remember to tuck and roll rather than reaching out. That way, you're less likely to break an arm or leg. To prevent falls:

- Make sure your pathway is clear.
- Close file drawers after every use.
- Report loose carpeting to the Help Desk.
- Wear sensible shoes.
- Use the handrails on stairways.
- Clean up or report spills immediately.
- Walk, don't run!

## First Aid for Insect Bites and Stings

For an insect bite or sting, follow these steps:

- Wash the bite site with soap and water.
- Apply a cold pack for 15 to 20 minutes to reduce pain and swelling.
- Use aspirin or acetaminophen to relieve pain.
- Use a topical steroid cream to further reduce itching and swelling.



If the victim shows signs of an allergic reaction (breathing difficulties or extensive swelling), infection, or other unexplained symptoms, get medical help immediately.

## Swimming Pool Safety

Each year many children drown in backyard swimming pools and in small kiddie pools. Children can drown in only one inch of water.

- Never let a child out of direct eyesight in or near a pool, not even for a second!
- Teach your children good pool habits; no running, pushing playmates, no jumping on others, no diving or jumping in shallow water, no dunking.
- Swimming skills, instruction, and experience don't make young children water safe.
- Do not rely on inner tubes, inflatable arm bands, or other toys to prevent accidents.
- Limit pool access with fences and locked doors or gates.
- Take a course on pool safety, first aid, and lifesaving skills (such as CPR).
- Make sure lifesaving equipment and a first aid kit are handy.



Direct questions, comments, or tips for a future issue to [gnews@hq.nasa.gov](mailto:gnews@hq.nasa.gov).

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